



National Nutrient Database for Standard Reference  
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Statistics Report 35139, Squash, Indian, cooked, boiled (Navajo)

Report Date: July 16, 2017 06:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	96.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	0.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <sup>1</sup>	g	0.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash <sup>1</sup>	g	0.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	3.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary <sup>1</sup>	g	1.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total <sup>1</sup>	g	2.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.44	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) <a href="#">1</a>	g	0.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose <a href="#">1</a>	g	0.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	0.102	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin B-6 <sup>1</sup>	mg	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, total <sup>1</sup>	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD